

CONSUMERS OF MENTAL HEALTH SERVICES

IT'S ALL ABOUT YOU!

Four workshops designed just for consumers to help you realize your dreams!

It's MY Life! Planning My Future

This workshop is about You! What are your dreams? What would you be doing if mental illness had not sidetracked your life? We'll talk about how to set and achieve your personal goals, remain motivated and focused, and turn stumbling blocks into steppingstones. You will learn techniques that will help you turn your dreams into reality!

Presenter: Marty Fuller, Office of Consumer & Family Affairs, BBH

But I Really Want a Job!

People with mental illness understand that starting or continuing employment may be an important part of their recovery process. We'll discuss the myths and facts about employment for people with mental illness, and the types of services and supports available through Supported Employment services. You will learn information and strategies that can help you get and keep the type of meaningful jobs that fit well with your preferences and recovery process.

Presenter: David Lynde, Dartmouth Evidence-Based Practices Center

Asking for What I Want

How you communicate determines the response that you receive. Learn to get the results you want through effective communication. This workshop will help you learn to speak effectively, build self-confidence and anticipate and adapt to those situations we all find ourselves in when seeking services and supports. Getting what you really want and need starts with asking.

Presenter: Marty Fuller, OCFA, Bureau of Behavioral Health

Making Sure It Happens!

Now that you know what you want in life, how do you make sure it happens? This workshop will help you better understand the ins and outs of the law and how to use it to get what you want. We will explore some of the road blocks people have run into on their way to achieving their goals and strategies for overcoming them.

Presenter: Cindy Robertson, Disabilities Rights Center

WORKSHOP DATES AND LOCATIONS

BERLIN	It's MY Life!	Fri., Oct. 24 1-3 pm	White Mountains Community College 2020 Riverside Drive Berlin, NH
	I Really Want a Job!	Fri., Oct. 31 1-3 pm	
	Asking for What I Want	Fri., Nov. 7 1-3 pm	
	Making It Happen!	Fri., Nov. 14 1-3 pm	
KEENE	It's MY Life!	Thurs., Dec. 4 1-3 pm	Location to Be Announced
	I Really Want a Job!	Thurs., Dec. 11 1-3 pm	
	Asking for What I Want	Thurs., Dec. 18 1-3 pm	
	Making It Happen!	Thurs., Jan. 8 1-3 pm	
CONCORD	It's MY Life!	Thurs., Jan. 15 1-3 pm	Tom Fox Chapel Main Building 105 Pleasant St. Concord, NH 03301
	Asking for What I Want	Thurs., Jan. 22 1-3 pm	
	Making It Happen!	Thurs., Jan. 29 1-3 pm	
	I Really Want a Job!	Thurs., Feb. 5 1-3 pm	
PORTSMOUTH	It's MY Life!	Thurs., Feb. 19 1-3 pm	Location to Be Announced
	I Really Want a Job!	Thurs., Feb. 26 1-3 pm	
	Asking for What I Want	Thurs., March 5 1-3 pm	
	Making It Happen!	Thurs., March 12 1-3 pm	

****REFRESHMENTS WILL BE SERVED!****

To register, please contact at Michael Bilson at 603-271-5045 or 1-800-852-3345 ext. 5045 or mbilson@dhhs.state.nh.us. Workshops are free. A limited number of expense stipends are available. Questions? Please contact Marty Fuller at 271-5138 or mfuller@dhhs.state.nh.us.